

ABSTRACT

The present invention is a secondary battery having a high specific capacity and good cycleability, and that can be used safely. The secondary battery is manufactured to include an anode formed from a host material capable of absorbing and desorbing lithium in an electrochemical system such as a carbonaceous material, and lithium metal dispersed in the host material. The freshly prepared anodes of the invention are combined with a positive electrode including an active material, a separator that separates the positive electrode and the negative electrode, and an electrolyte in communication with the positive electrode and the negative electrode. The present invention also includes a method of preparing a freshly prepared anode and a method of operating a secondary battery including the anode of the invention.